

## PLEASE ORDER AND PAY AT THE COUNTER

**Gluten Free Bread Option Available Extra** 1.00

(V) Vegan (V.O.) Vegan Option (D.F.) Dairy Free (D.F.O.) Dairy Free Option  
(G) Gluten Free (G.O) Gluten Free Option

### TOAST

- 1 **Himalaya Toast or Sultana Spicy Toast** with jam and butter 6.90
- 2 **French Sultana Spicy Toast** with butter and maple syrup 13.90

### ORGANIC Free Range EGGS

- 3 **Eggs (D.F.O.), (G.O)** 13.90  
*Two Eggs Scrambled, Poached or Fried with organic sour dough toast*  
*OPTION: Country style small goods – HAM or Bacon* 3.00
- 4 **Mushroom Omelette (D.F.O.), (G.O)** 16.90  
Sautéed mushrooms with organic sour dough toast
- 5 **Spanish, Chorizo Omelette (D.F.O.), (G.O)** 19.90  
Sautéed tomatoes, onion, roasted peppers, spinach, chorizo with organic sour dough toast
- 6 **Eggs Benedict (D.F.) (G.O.)** 16.90  
Poached eggs with ham and hollandaise on organic sour dough toast
- 7 **Eggs Florentine (D.F.) (G.O.)** 16.90  
Poached eggs with spinach and hollandaise on organic sour dough toast
- 8 **Eggs Himalaya (D.F.) (G)** 16.90  
Poached eggs with tomatoes, spinach and hollandaise on Rosti

### ORGANIC TOFU

- 10 **Mushroom Scrambled Tofu (V) (D.F.), (G.O)** 17.90  
Sautéed mushroom, spinach and tofu with organic sour dough toast
- 11 **Spanish Scrambled Tofu (V) (D.F.), (G.O)** 17.90  
Sautéed tomatoes, onion, roasted peppers, spinach, with organic sour dough toast

### TOASTED

- 12 **Chèvre & Mushroom Himalaya Toast (G.O.)** 17.90  
Fried sourdough with Meredith goat chèvre, sautéed mushrooms & baby spinach
- 13 **Warm Bruschetta (V.O.)** (contains garlic) 16.90  
Fried gremolata sour dough with sautéed tomatoes, onion and baby spinach

### SIDES

- 61 Sautéed spinach 3.00
- 62 Sautéed mushroom 3.00
- 63 Sautéed tomato 3.00
- 64 Rosti (V, G, D.F.) 3.00
- 68 Country style free range small goods HAM. Bacon or Chorizo 3.00

## PIES / TARTS / PASTRIES

12.90

Served with salad, seeds, dressing (contains sesame seed) & chutney (V.O.)

### Pies

Spinach & potato / Smoked tofu & veggie / Mixed veggie.

### Pasties

Samosa (curried vegetables)

### Puff Pastries

Spinach & ricotta triangle

### Sausage roll (Vegan)

### Tart

Pumpkin, zucchini & feta

### Pies - Meat

Beef / Chicken / Moroccan Lamb

### Sausage Roll (Beef)

## SANDWICH

- |    |  |       |
|----|--|-------|
| 20 | <b>Organic house made Hummus and Salad Sandwich (V) (G.O.)</b>   | 14.90 |
|    | House made organic hummus, lettuce, tomato, cucumber & carrot on organic sour dough bread  |       |
| 21 | <b>Cheddar Cheese, Dijonnaise &amp; Salad Sandwich (G.O.)</b>  | 14.90 |
|    | Cheddar cheese, lettuce, tomato, cucumber & carrot, with dijonnaise on organic sour dough bread. (Option Country style free range small goods HAM) | 3.00  |
| 22 | <b>Turkey Cranberry &amp; Salad Sandwich (G.O.)</b>  | 16.90 |
|    | Turkey & Cranberry, lettuce, tomato, cucumber on organic sour dough bread (Option cheddar cheese)  | 1.00  |

## TOASTIES

- |    |   |       |
|----|---|-------|
| 25 | <b>Feta Cheese, Tapenade, Spinach &amp; Tomato Toastie (G.O.)</b>   | 14.90 |
| 26 | <b>Ham, Cheese and Tomato (G.O.)</b>  | 15.90 |
|    | Country style free range small goods HAM, Cheese and Tomato on sourdough toast  |       |
| 27 | <b>BLT (G.O.)</b>   | 17.90 |
|    | Country Style smallgoods free range bacon, tomato, lettuce, in house chutney and dijonnaise on our organic sourdough bread. |       |

## FOCCACIA

- |    |  |       |
|----|--|-------|
| 28 | <b>Himalaya Original Organic Feta Foccacia (V.O.)</b>  | 17.90 |
|    | Baby spinach, roast eggplant, roast red peppers, semi-dried tomato, feta. (Option cheddar cheese). |       |
| 29 | <b>Himalaya Chicken Feta Foccacia</b>  | 19.90 |
|    | Baby spinach, roast chicken, semi-dried tomato, feta. (Option cheddar cheese).                     |       |

## LUNCH

- 30 **Himalaya Chicken Caesar Salad (G.O.)** **17.90**  
Our version of a traditional Caesar salad, with mixed lettuce, chicken, croutons and parmesan cheese with our dijonaise dressing.
- 31 **Open Organic house made Veggie Burger (V.O.) (G.O.)** **17.90**  
House made veggie lentil burger, lettuce, carrot, tomato, beetroot, house made vegan dijonaise & chutney on organic sour dough bread
- 32 **Open Angus Burger (G.O.)** **19.90**  
Angus beef burger, lettuce, tomato, beetroot, house made vegan dijonaise & chutney on organic sour dough bread
- 33 **Our Own Organic Olive Napoli Sauce with Pan-Fried Gnocchi (V)** **17.90**  
Gnocchi, organic black olive Napoli sauce, spinach and organic sour dough bread.  
  
Option side of parmesan cheese
- 34 **Pan-Fried Gnocchi with Chicken in a Pumpkin and Cream Sauce** **19.90**  
Gnocchi, chicken, onion, roast pumpkin, spinach, gremolata (contains garlic), and cream.
- 35 **Mushroom Risotto (G, V.)** **18.90**  
Sautéed mushrooms, baby spinach, gremolata (contains garlic), porcini powder, organic rice.  
  
Option side of parmesan cheese
- 36 **Roast Pumpkin Risotto (G.)** **18.90**  
Roast pumpkin, onion, baby spinach, gremolata (contains garlic), organic rice.  
  
Option side of parmesan cheese

**NOTE:** If you have an allergy you have to make sure to tell the staff at ordering, No Refund given. We try our best to supply allergy free food but we are not certified allergy free so we are not responsible.

## DRINKS

### ORGANIC Fair Trade COFFEE or TEA / Hot Chocolate

	Mug	Standard
<b>Organic Fair-trade Coffee</b> Cappuccino, Latte, Flat White, Long Black, Short Black (Espresso), Mac	<b>4.90</b>	<b>3.90</b>
<b>Options</b>		
Organic Fair-trade decaf, extra		<b>0.50</b>
Double shot, extra		<b>0.50</b>
Organic soy milk with any drink, extra		<b>0.50</b>
<b>Mochaccino</b>	<b>5.90</b>	<b>4.90</b>
<b>Organic Tea</b> (per person) (\$1 Extra for a shared pot) English Breakfast, Earl Grey, Green jasmine, Peppermint, Relaxing Tea, Lemon grass		<b>4.90</b>
<b>Organic Chai Tea</b> (per person) (\$1 Extra for a shared pot)		<b>4.90</b>
<b>Organic Chai Latte</b>	<b>5.90</b>	<b>4.90</b>
<b>Fraus European Hot Chocolate</b>	<b>5.90</b>	<b>4.90</b>

### COLD DRINKS

<b>Iced Coffee</b> (vegan option see: soy coffee shake)		<b>6.90</b>
<b>Iced Chocolate</b> (vegan option see: soy chocolate shake)		<b>6.90</b>
<b>Milk Shakes</b> Chocolate, Coffee, Strawberry, Coconut, Burnt Caramel, Blueberry, Raspberry		<b>6.90</b>
<b>Vegan Shakes (Soy)</b> Chocolate, Coffee, Blueberry, Raspberry, Strawberry. Made with frozen fruit and / or Ice Cubes.		<b>7.90</b>

### ORGANIC JUICE / SODA

<b>Organic Juices</b> Orange, Apple, Apple, Passion & Mango, Orange & Mango		<b>4.90</b>
<b>Organic Drinks</b> Cola / Lemonade / Ginger Beer / Cranberry / Lemon-Lime Bitter / Sparkling Apple Mineral Water (500ML)		<b>4.90</b>
<b>Water</b>		<b>3.00</b>